

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1.-7. (Canceled).

8. (Previously Presented) An oil or fat composition at least 85% by mass of which are triglycerides, wherein

(a) the proportion of medium-chain fatty acids to all the fatty acids as constituents of the oil or fat composition is from 5 to 23 % by mass,

(b) the proportion of triglycerides having two medium-chain fatty acid residues in the molecule to all the triglycerides is from 1 to 20 % by mass, and

(c) the proportion of long-chain saturated fatty acids to all of the long-chain fatty acids as constituents of the oil or fat composition is at most 15 % by mass,

the oil or fat composition being obtained by transesterifying an edible oil or fat with a medium-chain fatty acid or a medium-chain fatty acid triglyceride,

the oil or fat composition not containing any of sucrose fatty acid esters, polyglycerol fatty acid esters, succinic acid monoglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters in a total amount of 0.1 % by mass or more of the composition.

9. (Previously Presented) The oil or fat composition according to claim 8 wherein the medium-chain fatty acids are saturated fatty acids having 6 to 12 carbon atoms.

10. (Previously Presented) The oil or fat composition according to claim 8 wherein

(d) the proportion of triglycerides having three medium-chain fatty acid residues in the molecule to all the triglycerides is at most 3 % by mass.

11. (Previously Presented) The oil or fat composition according to claim 9 wherein

(d) the proportion of triglycerides having three medium-chain fatty acid residues in the molecule to all the triglycerides is at most 3 % by mass.

12. (Previously Presented) An oil or fat composition for cooking comprising the oil or fat composition according to any one of claims 8 to 11 and at least one additive selected from vitamin E, an ascorbic acid fatty acid ester, lignan, coenzyme Q, a phospholipid and an oryzanol.

13.-16. (Canceled).

17. (Previously Presented) A process for preparing an oil or fat composition which comprises adding an emulsifier to the oil or fat composition according to claim 8.

18. (Previously Presented) The process according to claim 17 wherein the emulsifier is at least one selected from sucrose fatty acid esters, polyglycerol fatty acid esters, succinic acid monoglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters.

19. (Previously Presented) A process for preparing an oil or fat composition which comprises adding an emulsifier to the oil or fat composition according to claim 9.

20. (Previously Presented) The process according to claim 19 wherein the emulsifier is at least one selected from sucrose fatty acid esters, polyglycerol fatty acid esters, succinic acid monoglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters.

21. (Previously Presented) A process for preparing an oil or fat composition which comprises adding an emulsifier to the oil or fat composition according to claim 10.

22. (Previously Presented) The process according to claim 21 wherein the emulsifier is at least one selected from sucrose fatty acid esters, polyglycerol fatty acid esters, succinic acid monoglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters.

23. (Previously Presented) A process for preparing an oil or fat composition which comprises adding an emulsifier to the oil or fat composition according to claim 11.

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24.-26. (Canceled).